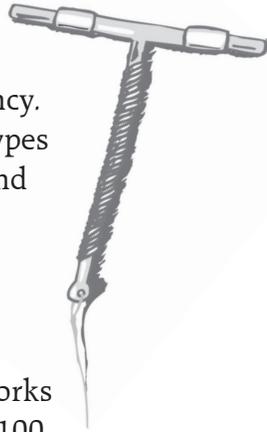


Facts About INTRAUTERINE DEVICES (IUDs)

What is an IUD?

An intrauterine device (IUD) is a small, T-shaped device that is put into the uterus to prevent pregnancy. In the U.S. there are several two types of IUDs: non-hormonal (copper) and hormonal IUDs.



How does it work?

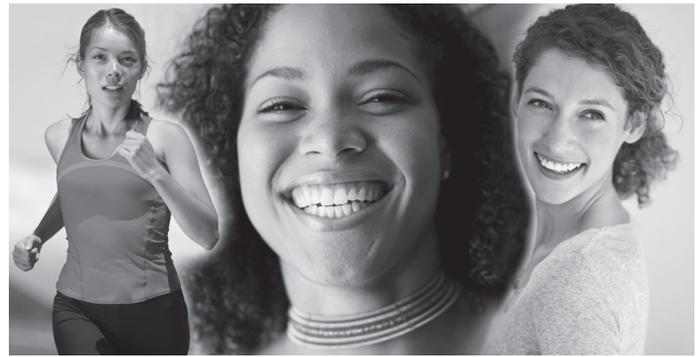
They work by preventing sperm from fertilizing an egg. An IUD works very well. Tests show that out of 100 women with IUDs, less than one will become pregnant.

How do you use an IUD?

An IUD is put in your uterus by a health care provider. After it is put in, you do not need to do anything when you have sex. The only thing you need to do is check once a month to make sure the IUD's string is in place and can be felt. If you or your partner have more than one sexual partner, you need to use a condom (male or female) to prevent any sexually transmitted infections.

Why is an IUD a good choice for me?

The IUD can be left in place for a long time (from three years up to ten years depending on the type of IUD you have). It is a method that can be used by young women who have never been pregnant. It can also be a good choice for women who have had a baby. The Copper IUD is a hormone-free form of birth control.



Advantages of IUDs

- ▲ Highly effective and reversible method
- ▲ Protective against ectopic pregnancy
- ▲ Long lasting
- ▲ Convenient
- ▲ Well-liked by users
- ▲ Safe
- ▲ Cost effective
- ▲ Can be used when breastfeeding

Will I have problems if I use an IUD?

After you have an IUD put in, you may feel some changes in your body. With the Copper IUD, you may bleed more in the first few months and have more cramping. With the hormonal IUD, you may have more irregular bleeding in the first few months and many women see a decrease in bleeding over time.

REMEMBER:

Using an IUD will not protect you from getting HIV or any other disease you can get when you have sex. To protect yourself, use a latex or polyurethane condom each time you have sex.

CONTINUED ON BACK

Are there any warning signs I need to watch for?

Call your health care provider or clinic if:

- ▲ You have a late period, spotting or bleeding that doesn't seem right;
- ▲ You have pain when you have sex;
- ▲ You have pain in your abdomen or lower body;
- ▲ You have a discharge from your vagina that smells bad;
- ▲ You can't find the IUD's string or if the string seems shorter or longer than before.

Where can I get an IUD?

Many health departments, family planning clinics and private doctor offices.



Reference: Contraceptive Technology 20th ed.



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